

What Our New Parents Say

About Heart to Heart Connecting Moms & Babies

"I absolutely love **Heart to Heart**! I learn so much every time I come in. It's nice to talk about everything that's going on with my baby.

- Ashley

"**Heartbeat** and **Heart to Heart** were with me every step of the way...from day one."

- Kai'lah

"I've been able to learn a lot of things which dads don't usually get to know—what to do in an emergency... what not to do as far as [my baby's] sleeping habits... **Heart to Heart** is the best place to go to."

- Warren



Heart to Heart's Baby Boutique

Heart to Heart Connecting Moms & Babies

To join **Heart to Heart** or for more information, please call **Heartbeat of Toledo at 419.241.9131**. You can also e-mail **Heart to Heart** at info@heartbeatoftoledo.org

Heart to Heart is a program of



Heartbeat of Toledo Main Office:
4041 W. Sylvania Ave., Suite LL4 Toledo, Ohio 43623
419.241.9131

Your First Look Women's Center
4041 W. Sylvania Ave., Suite LL5, Toledo, Ohio 43623
419.720.3338

Satellite Office:
Your First Look East Toledo Women's Center
101 Main Street, Suite 4, Toledo, Ohio 43605
419.720.0632

www.heartbeatoftoledo.org

Heart to Heart

Connecting Moms & Babies

Prenatal and Parent Learning Center



a program of



419.241.9131
www.heartbeatoftoledo.org

Heart to Heart

Parent Learning Center

Whether you're pregnant and not due for another eight months or a first-time mom wondering how to cope with colic, sleeping through the night or even the "terrible twos," caring **Heart to Heart** parenting instructors are available to help.

Heart to Heart is Heartbeat's free Parent Learning Center where new and expectant parents learn valuable prenatal, parenting and life skills.



Earn While You Learn!

As you complete the lessons in the **Heart to Heart** program, you earn valuable points. These points can be used to "buy" items from our **Heart to Heart** boutique. This boutique is only open to **Heart to Heart** members. At the boutique you'll find just about everything you will need for your baby, including strollers, bassinets, walkers, high chairs, changing tables, bathtubs, diapers, formula, wipes, baby clothes and much more.



When you join **Heart to Heart** you begin by meeting with a parenting instructor who will work with you to determine which lessons are best suited to your needs. The lessons can begin with the start of your pregnancy and run through early childhood.

Parenting Lessons Include:

- Prenatal Care
- Bonding with Your Unborn Baby
- Going it Alone
- Safe From the Start
- Infant Massage
- Your Baby Can Sleep
- Happiest Baby on the Block
- Your Loving Touch
- Crying, Colic and Sleep
- Toilet Training
- Discipline—Teaching Limits
- Intelligent Money Management

Even if this isn't your first child, you'll likely find lessons that will cover topics you'd like to learn more about and that will help you become a strong, self-confident parent.

Besides parenting lessons, there are also life skill programs that help **empower you** be the best you can be.



Being Smart With Your Relationships



What Some of Our Group Members Have Said After Completing *Relationship Smarts*:

"I learned so much about myself and the kind of guy I want to be with."

"Because of Relationship Smarts I was able to set boundaries with my boyfriend—and stick to them too."

"I realized that mutual respect and trust are equally important if I want a good relationship."

At *Relationship Smarts* you can

- Explore your own goals
- Learn the difference between healthy and unhealthy relationships
- Talk to others who have "been there—done that"
- Begin using new skills to improve your current relationship
- Figure out how to make better relationship choices in the future.

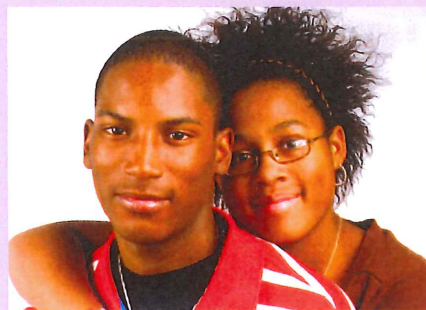
You do not need to be a current Heartbeat client to join the Relationship Smarts class.

You will have the opportunity to earn points toward free baby items in our Heart to Heart Baby Boutique.



*For more information,
or to register for the
next class,
call Heartbeat at
419.241.9131.
4041 W. Sylvania Ave.
Suite LL4
Toledo, OH 43623
heartbeatoftoledo.org*

Relationship Smarts



Are you feeling frustrated by your relationships?

Does your Facebook status always say, "It's Complicated?"

Do you keep making the same mistakes over and over again?

If so, then Relationship Smarts is for you.

Relationship Smarts is a free, six-week program for women offered by Heartbeat of Toledo. The 90-minute sessions focus on such topics as *Who am I and Where Am I Going*, *Communication*, *Decide Don't Slide*, *Love & Intimacy*, *Respect*, *Setting Boundaries*, *The Real Deal About Guys*, and more.

Class days and times vary depending on the session. Day and evening programs are available. Refreshments are served and free babysitting is usually available.

**For more information, or to register, call
419.241.9131.**



4041 W. Sylvania Ave.
Suite LL4
Toledo, OH 43623

heartbeatoftoledo.org
find us on facebook



Open or Closed Adoption?

You decide how much contact you have with the couple both before and after the adoption. In an open adoption you meet the family and receive their contact information. You can also decide to have ongoing contact with the family. In a closed adoption you choose not to meet them and receive no information. You can select to do an open, closed, or even a semi-open adoption.

Birthfather Rights

In most cases, the agency/attorney you choose will ask the birthfather to sign an adoption consent form. If you and the birthfather disagree about adoption or no longer have a relationship, the agency will work with the courts and/or him to determine his rights.

Changing Your Mind

In Ohio you must wait 72 hours after the baby's birth before you can ultimately consent to going through with the adoption. This allows you time after the baby is born to evaluate the adoption plan you made before the birth.

Some women will question their decision after the child is born. Counseling during your pregnancy is encouraged so you will be able to work through any uncertainty you may have.

Will My Child Have a Good Life?

Studies have shown that children who are adopted typically do as well or better than other children in such areas as emotional and physical health, education and more.

What Do I Do First?

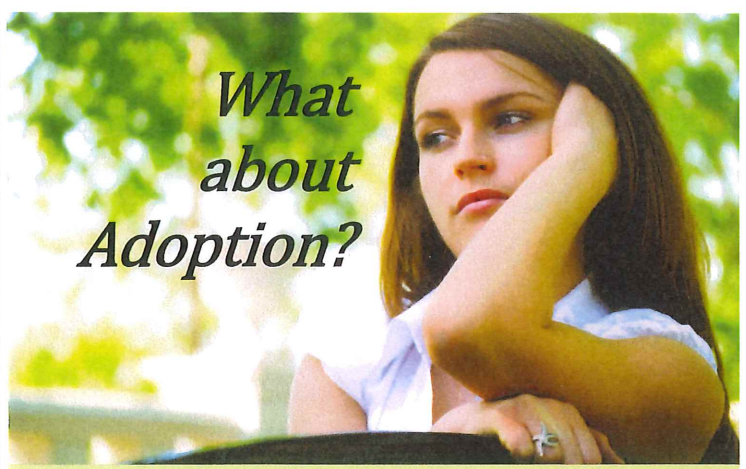
For most expectant women, making a choice for adoption happens after several months of exploring their options. At **Your First Look** we have trained peer counselors who can help you explore your feelings and decide if adoption is an option you wish to consider. We can give you names of agencies and attorneys able to work with you and would be happy to attend any meetings with you, should you desire.

If you wish to further explore your adoption-related options, please call **Your First Look** at 419-720-3338 to set up an appointment with a client advocate.



4041 W. Sylvania Ave. Suite LL5
Toledo, OH 43623
419-720-3338

What about Adoption?



If you're not sure if you are ready to be a parent right now, adoption may just be the best choice for you and your baby.

Making An Adoption Plan

Many women make an adoption plan for their unborn baby when they determine they are unable to be the best possible parent at this point in their lives. An adoption will allow you to have a new beginning while letting you select a stable, secure, and loving family for your child.

As the birthmom you get to choose who will adopt your child. The agency or attorney you select will have information about many couples who are waiting to adopt. You'll get to see photos, learn their stories, and pick the family that feels right to you. You can even choose to meet them.

All couples wishing to adopt have gone through an extensive screening process called a home study before they can become adoptive parents.

Help Through Your Pregnancy

At **Your First Look** we can connect you with an adoption agency or attorney. They will help you select a family and with the legal process of adoption if you decide that adoption is the best plan for you and your baby.

All costs associated with an adoption (agency/legal fees, counseling, doctor and hospital bills) are paid by the adoptive family. In addition, in Ohio you are allowed to receive up to \$3,000 to pay for such living expenses as food, rent, clothing, phone, gas and electric.



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"What if I Change My Mind?"

It is normal to have doubts and questions as you approach your due date or as you launch into parenting your baby. It's important to discuss those feelings and questions with a health care provider, counselor, or other responsible mentor or professional to help you work your way through the challenges. However, if you find yourself feeling unable to take on or continue the responsibility of parenting your baby, it is crucial that you seek out options. There is a Safe Haven Law in Ohio and Michigan that allows you to safely and anonymously relinquish your infant if necessary. The option to make an adoption plan can be explored anytime throughout the pregnancy or even after the baby's birth. Choosing an open adoption will let you continue to have contact with your child, should you desire. Again, Your First Look can guide you to community resources if you decide you want to make an adoption plan or are unsure about your decision.

"What Resources Can Help?"

Your First Look advocates have an extensive list of resources available for those wishing to parent. Among the help that's out there is Job and Family Services to help with both health insurance and healthy start programs for children. The Women Infant Children Program can help you get healthy food for you and your child. There's also the Pathways Project, Heartbeat of Toledo, Mom's House, Baby University, Polly Fox Academy, and much more to help you through your pregnancy and into parenting.

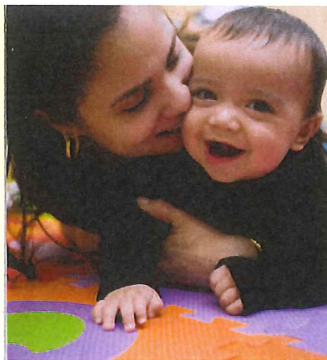
Being a parent will have its shares of challenges. Most people, however, find that parenting is one of the most rewarding experiences of their lives. A large home or bank account is not required to be a loving, caring parent. If you want to parent and need help, resources are available to help you be the best possible parent to your child.



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www.yourfirstlook.org
www.facebook.com/yourfirstlook

*Free Pregnancy Tests, Ultrasounds, & Confidential
Options Counseling*



"Is Parenting the Best Option For Me?"

Here are some questions to consider if you are trying to decide whether you are ready to parent.

"What Does a Baby Need?"

A baby needs food, shelter, safety, clothing, loving care and security. It can feel overwhelming to be faced with the responsibility to provide the things a baby needs. But there are many resources and sources of support that can be tapped to help address those needs, one at a time, for parents who are committed to parenting their children.

"What Do I Want for My Baby?"

A parent's dreams for her baby are not limited to financial resources or material goods. It is important that a baby have his/her physical needs met. Beyond that, we look forward to the development of our baby's personality, sense of humor, developmental milestones, all the way to a vision of that "big person" that our baby will grow up to become.

"Who Will Help Me?"

Some people have lots of help from family and friends. Some are married or in a strong, committed positive relationship. Others may have only one, or just a few, sources of personal support. They will need to be more dependent on organizations in their community for their physical and emotional needs. Pregnancy centers like Your First Look are a good source for identifying organizations that will provide the individual support you need.

"What if I'm Single?"

Being a single parent will have its added challenges. But it can be done and for some, parenting a child may actually give them a "purpose" that they didn't experience before. It's important to manage your expectations, as a baby is a huge responsibility whose needs will have to put ahead of your own. But many parents will describe the joy and satisfaction of parenting their child as the most important, fulfilling experience they have ever had.

*Your First Look
East Toledo
Women's Center*

We offer the following
free and confidential
services:



Pregnancy Tests
Ultrasounds
Options Counseling including
Adoption, Abortion, & Parenting
Starter Pack of Prenatal Vitamins
Nurse Consultations
Prenatal Classes
Parenting Classes
Relationship Smarts Program
Teen Mom Class
Just for Dads Program
Opportunity to earn free baby items for
each class you complete
Emergency Diapers & Formula

Your First Look East Toledo Women's Center
101 Main Street, Suite 4 (Corner of Front & Main)
Toledo, OH 43605
Call 419.720.0632
Text 567.455.1101
www.yourfirstlook.org



www.facebook.com/yourfirstlook



*Facing an unplanned
Pregnancy?*

*We can help you get
the answers you need.*

at

*Your First Look
East Toledo
Women's Center*



We offer free pregnancy tests,
ultrasounds, and confidential options counseling.

Call 419-720-0632

Text 567-455-1101

*Before you make any decisions, you'll want to
know:*

1. Am I really pregnant?

*It is possible to have a positive home test and not
be pregnant. The best way to confirm your pregnancy
is through an ultrasound. Since more than 30 percent
of early pregnancies naturally miscarry, an
ultrasound is the best way to determine if you
have a viable pregnancy.*

2. How far along am I?

*The ultrasound will also tell you exactly how far
along you are. If you are considering an abortion, this
information will tell you what type of an abortion you
will need.*

3. Do I have an STD/STI?

*Having a sexually transmitted infection when you
have an abortion can lead to Pelvic Inflammatory
Disease. This can lead to a lifetime of reproductive
health issues. We provide limited, confidential
STD/STI testing.*

Your First Look East Toledo Women's Center
101 Main Street, Suite 4, Toledo, OH 43605

Call: 419.720.0632

Text: 567.455.1101

yourfirstlook.org [facebook.com/yourfirstlook](https://www.facebook.com/yourfirstlook)

Concerned you might
be pregnant?

Not sure what to do?

Get the facts.

Know your options.

Before you decide.



Think you might
be pregnant?

Feeling overwhelmed?

*Take some time
for yourself.*

Get answers to your questions at
Your First Look so you can move
forward confidently.



At **your first look** we know what it's like to face an unplanned pregnancy. Whether you're considering keeping the baby, making an adoption plan, or having an abortion, you need to be well-educated about your options.

your first look is a safe place to explore those options. We offer pregnancy tests and ultrasounds to confirm that a pregnancy is viable. Our tests are completely free and 100% confidential.

Make an appointment today or stop by. Walk-ins are always welcome.

your first look

Women's Support Clinic
4041 W. Sylvania Ave., Suite LL5
Toledo, OH 43623

419-720-3338

www.yourfirstlook.org



your first look

Before you decide.

Located
Across from
Westfield Franklin
Park Mall

Pregnancy Confirmation through Pregnancy Testing & Ultrasound

We offer clinic-quality testing and ultrasound. Since about 1 in 5 pregnancies end naturally in early miscarriage a positive test is not enough to confirm a viable pregnancy. Instead, the medical diagnosis of pregnancy is given by a physician through an ultrasound.

Options Consulting

Our trained consultants will answer your questions about pregnancy, parenting, adoption, abortion, STIs and *more*.

To make an appointment call **your first look** at

419-720-3338

24-hour help also available at

1-800-395-HELP.

www.yourfirstlook.org



your first look

Before you decide.

All services
are free of charge
&
confidential.

Waiting Protects Your Emotions

Men and women are different. Most often, women have sex because they are hoping for a meaningful, long-lasting relationship.

Guys frequently have sex because it feels good and they can then brag to friends about it. A guy may say, "I love you," just to get you to say yes to sex.

Sex isn't about trying to prove your love to keep your boyfriend. Waiting for sex until you are in a life-long relationship such as marriage can make you worry free, risk free, and help you find true love and genuine intimacy.

My Boyfriend Will Dump Me if I Say No to Sex

It is possible that you may lose a boyfriend or two when you make a decision to wait for sex. But if they are willing to leave you because you want to wait, you have to ask yourself do they really love you? Sex does not equal love. Someone who loves you should be willing to wait. They should love you enough to want what's best for you.

It's Too Late, I've Already Had Sex

It's never too late to make a new start. If you respect yourself, others will respect you. Be upfront with any guys you date and tell them you are waiting for sex. If you are already in a sexual relationship, tell him you've decided to wait before having more sex. Tell them just what your boundaries are. It will feel great to make such a healthy, smart decision.

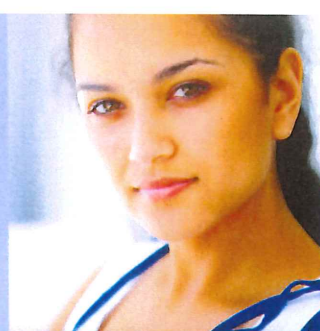
What's Next?

There are lots of things you can do 'til you're in a life-long relationship. Now is the time to finish your education, prepare for your career, and pursue your dreams. Right now is the best time to dream big, because there's so much to look forward to. And you'll be moving forward without fear or worry about an STD or an unplanned pregnancy.



Straight Talk About Waiting For Sex

Let's be honest, waiting for sex is not a popular choice these days. We are in a hooked-up world where one-night stands and friends with benefits are now common. But there are lots of reasons to consider waiting.



Pregnancy Risk = 0

There are 3.3 million unplanned pregnancies in the U.S. each year with most occurring among women 18-24. A sad reality is that most guys don't stick around when their girlfriends become pregnant.

At the same time, children do best when raised in a stable, two-parent home. They are much more likely to stay in school, not get in trouble, and have healthy relationships.

Waiting for sex is the only 100% effective way to prevent an unplanned pregnancy.

STDs Can Bring Life-Long Health Consequences

"But we use a condom every time," you insist. Unfortunately, condoms only reduce the risk of a sexually transmitted disease by 60-70 percent. Even if you use a condom correctly they can still slip or break. And they don't cover everything.

Most guys who have an STD don't know it. Routine testing for men doesn't provide information on HPV (Human Papillomavirus) or herpes. Often, people with STDs don't have symptoms initially and can unknowingly give an STD to their partners.

More than 1 in 4 young women are currently infected with an STD. 15-24 year olds account for nearly half of STD infections. Of the 25 STDs out there, many are incurable, life-long infections. Some cause cancer, infertility, and even death.

The only way to protect yourself from an STD is to wait for sex.



Two Locations
4041 W. Sylvania Ave. Suite LL5
Toledo, OH 43623 419-720-3338
101 Main St., Suite 4
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Text: 567-455-1101



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